

Pumpkin Muffin Squares - USDA Recipe B120

Meal Components: Grains

B12

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Whole-wheat flour	15 1/2 oz	3 1/2 cups	1 lb 15 oz	1 qt 3 cups	<div>1. Place flour, baking powder, baking soda, salt, cinnamon, nutmeg, and ginger in a commercial mixer (batch as needed). Using a paddle attachment, mix on low speed for 1 minute. Leave dry ingredients in mixer. Set aside for step 4.</div>
Enriched bread flour	14 1/2 oz	3 1/4 cups	1 lb 13 oz	1 qt 2 1/2 cups	
baking powder		1 Tbsp		2 Tbsp	
Baking soda		2 tsp		1 Tbsp 1 tsp	
Salt		2 tsp		1 Tbsp 1 tsp	
Ground cinnamon		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Nutmeg		1 tsp		2 tsp	
Ground ginger		1 tsp		2 tsp	
Brown sugar	1 lb 10 2/3 oz	3 1/3 cups	3 lb 5 1/3 oz	1 qt 2 2/3 cups	
					<div>2. Combine sugar and oil in a large bowl.</div>

Frozen whole eggs, thawed	3 oz	1/3 cup	6 oz	2/3 cup	3. Add eggs and vanilla extract. Stir well.
Egg whites	6 oz	2/3 cup 1 Tbsp 1 tsp	12 oz	1 1/3 cups 2 Tbsp 2 tsp	
Vanilla extract		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
					4. Combine egg mixture with dry ingredients. Mix for 3-5 minutes on low speed. Batter will be lumpy. DO NOT OVERMIX.
Pumpkin, canned	2 lb 8 oz	1 qt 2/3 cups	5 lb	2 qt 1 1/3 cups	5. Fold in pumpkin and raisins. Stir well.
Golden Raisins	5 oz	2/3 cup	10 oz	1 1/3 cups	6. Pour 2 qt (about 5 lb 10 oz) batter into a half steam table pan (12" x 10" x 2 1/2") lightly coated with pan release spray. 7. Bake until golden brown: 8. Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (2" x 3 3/4" square).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: 1 piece provides 1 oz equivalent grains.

CACFP Crediting Information: 1 piece provides 1 serving grains/bread.

Serving	Yield	Volume
See Notes	50 Servings: about 8 lb 10 oz 100 Servings: about 17 lb 4 oz	50 Servings: about 1 gallon 1 1/4 cups / 2 steam table pans (12" x 10" x 2 1/2") 100 Servings: about 2 gallons 2 1/2 cups / 4 steam table pans (12" x 10" x 2 1/2")

Nutrients Per Serving					
Calories	199 g	Saturated Fat	1 g	Iron	1 mg
Protein	3 g	Cholesterol	6 mg	Calcium	30 mg
Carbohydrate	31 g	Vitamin A	3539 IU	Sodium	190 mg
Total Fat	7 g	Vitamin C	1 mg	Dietary Fiber	2 g